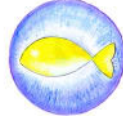
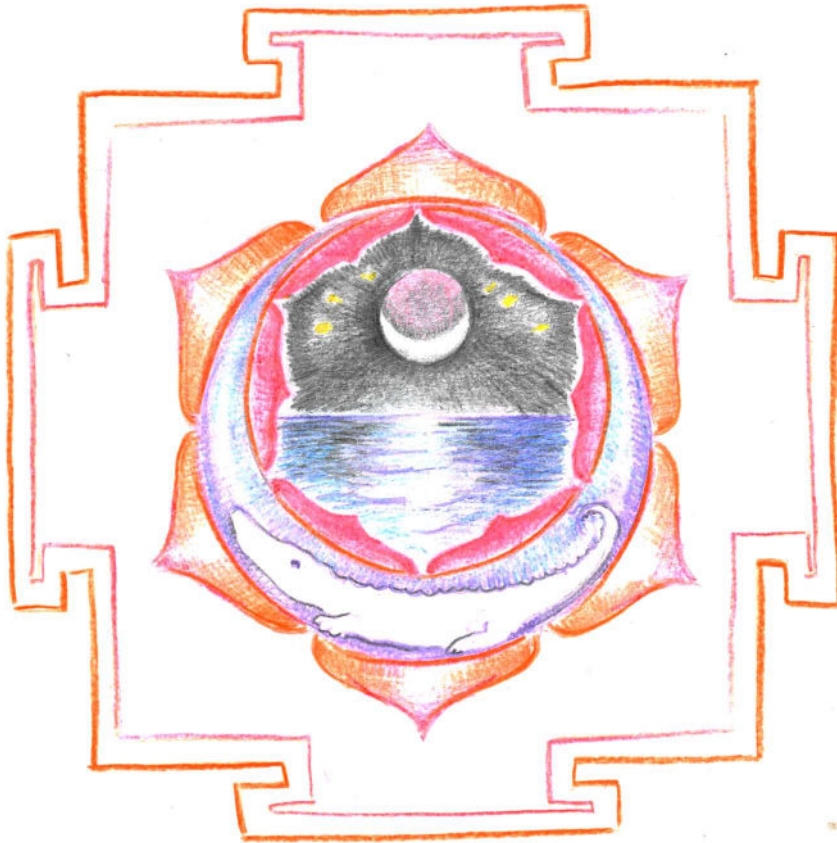


MATSYA KUNDALINI YOGA ACADEMY



KUNḌALINĪYOGA

KRIYĀ



Dear Yogi!

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Enjoy & Thank you, Namaste!

MATSYA SVĀDHIṢṬHĀNA KRIYĀ

Svādhiṣṭhāna is vitality, movement, emotion and love. The more these waters are moved the stronger the spiritual endeavor. It will give life and remove energy blockages.

60 – 90 minutes.

Haṭha Prāṇāyāma

Use the power of your imagination.

Sun-moon breathing. Picture a large shining sun in front of you. Enjoy the image. You observe this sun floating into the right side of your body, vitalizing all.



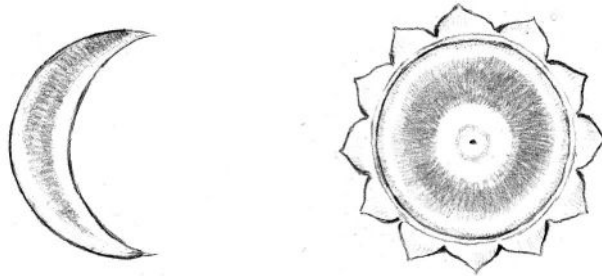
Imagine a glowing full moon in front of you. Enjoy the vision.

This moon is floating into the left side of your body, healing all. Now breathe strongly and fearlessly.

Breathe in and imagine a beam of silvery healing light settling into *mūlādhāra* from above through the left side of your body. Hold the breath in *mūlādhāra* for about three seconds.

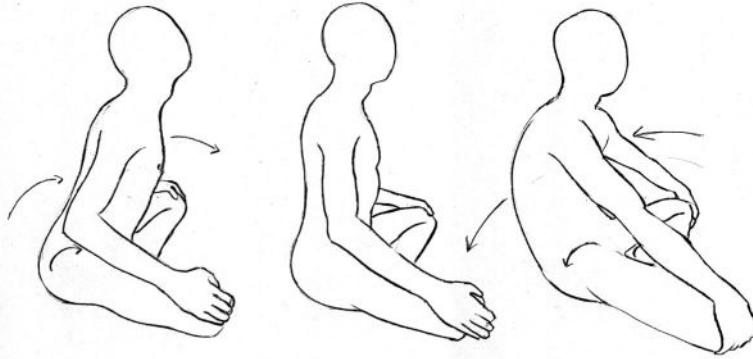
Then breathe out and imagine the golden light of the sun rising from *mūlādhāra* through your right side and out into the sky. Hold the out-breath for about three seconds. Breathe deeply and fearlessly.

Do this for at least three minutes. Enjoy the vision and be thankful at the end.



Gatyatmaka Uṣṭrāsana

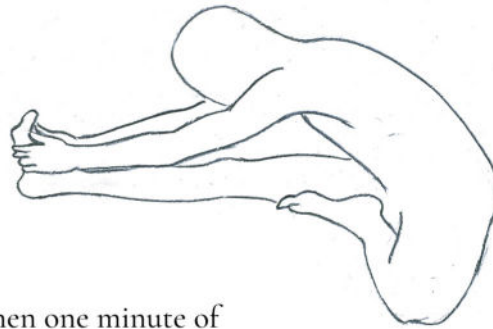
Dynamic camel pose. Sit in *siddhāsana* or *sukhāsana* (easy pose), with arms stretched out and resting on the knees. Then start to gently rock the body. Breathe in, tilt the pelvis forward and open your chest. Exhale, tilt the pelvis backward and close your chest. Be fast but smooth. Finally, breathe in, hold your breath and feel the centre.



Practice joyfully for one minute

Jānuśīrāsana

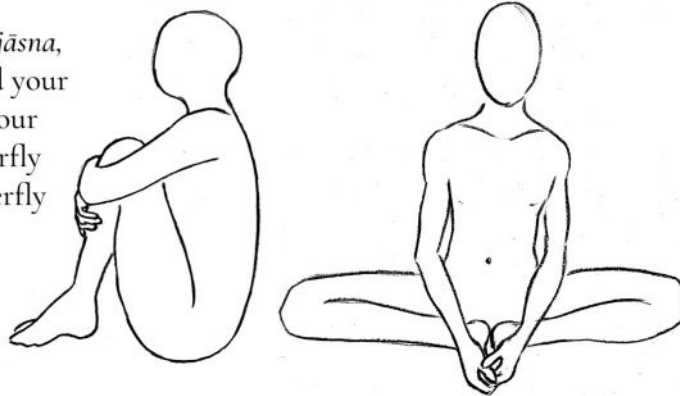
Head to knee pose. Put your heel against the perineum and stretch your other leg. Hold onto your foot and come down gently.



Perform three times, breathing deeply. Then one minute of *kapālabhāti* on each side.

Titali Āsana

Butterfly pose. Come into *bijāsna*, take a few deep breaths, hold your legs tight, from there open your legs and come into the butterfly pose. First perform the butterfly quickly, dynamically and playfully for one minute.



Stretch out your spine, feel the centre and pull yourself up. Enjoy the creative energy underlying the posture. Pull your genital muscles inward and perform *kapālabhāti*.

In the end bend forward with your forehead at the toes and breathe deeply.

Naukāšana

Boat pose. Through *bijāsana*, gently pull your legs up and stretch them into *naukāšana*. Keep your spine straight. Open your arms parallel to the ground next to your feet. Keep a 60 degree angle between your legs and chest. Hold for as long as you can. When your muscles fail, simply come back by hugging your legs. Continue when your strength is regained.

Practice for one minute with long and deep breaths.



Siṃhāsana

Lion pose. Sit in *vajrāsana*, then open your legs, place your hands inwardly in front of you on the ground. Hold your rear out and contract your sphincter muscles (*aśvinīmudrā*). Put your head back and gaze at the sky or at *ājñā* chakra. Feel the underlying creative energy. Stretch your back up to the sky. Elongate yourself, breathe deeply.

Perform this for more than one minute. Then relax with your chin on your chest in *vajrāsana*.



Śaśankāsana

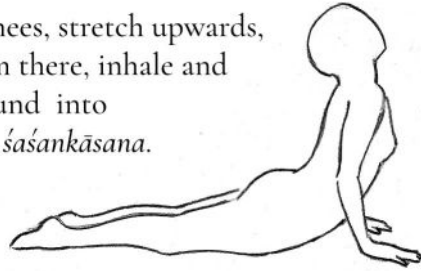
Rabbit pose. From *vajrāsana*, with your knees still open, stretch up and bend forward to *śaśankāsana*. Surrender. Stretch out your arms.

Practice with very deep breathing for more than one minute.



Śaśank Bhujāṅgāsana

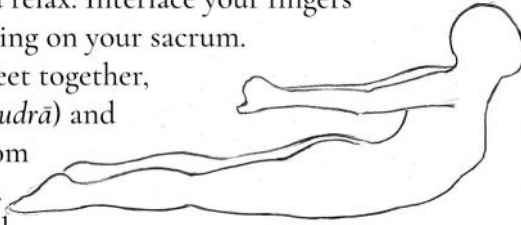
Striking cobra pose. Then, gently close your knees, stretch upwards, and bend forward again into *śaśankāsana*. From there, inhale and move forwards with your face close to the ground into *bhujāṅgāsana*. Breathe out and move back into *śaśankāsana*. Do this at a gentle pace.



Practice 5–10 times. In the end remain 5 breaths in *bhujāṅgāsana*. Relax in the rabbit, *śaśankāsana*

Sarpāsana

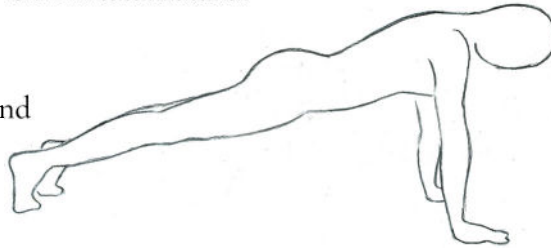
Snake pose. Lie down on your belly and relax. Interlace your fingers behind your back and feel your fist resting on your sacrum. Enjoy the pressure. Breathe. Pull your feet together, activate your sphincter muscle (*aśvinīmudrā*) and inhale while lifting your upper body from the thorax upwards. Look up to the sky. Hold the breath as long as is comfortable when in *sarpāsana*, then breathe out and lower yourself. Come up and down to the rhythm of your deep breathing.



Do this for about one minute. Then relax in *śaśankāsana*.

Santolāsana

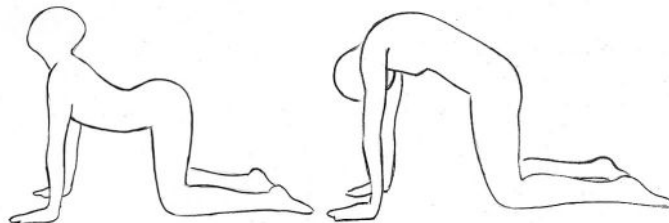
Balance pose. Come to the ground and relax on your belly if needed, then put your hands under your shoulders and move into the plank pose.



Perform this *āsana* with *kapālabhāti* for one minute, then relax in *śaśankāsana*.

Mājārī Āsana

Move into the cat pose. Move quickly and gently from the cat to the cow. Start slowly so as to avoid getting dizzy, but find a nice speed.



Breathe in while looking up, head on neck. Then, breathe out while looking into your navel.

Do this for one minute getting gradually faster until the movement follows a nice pace.

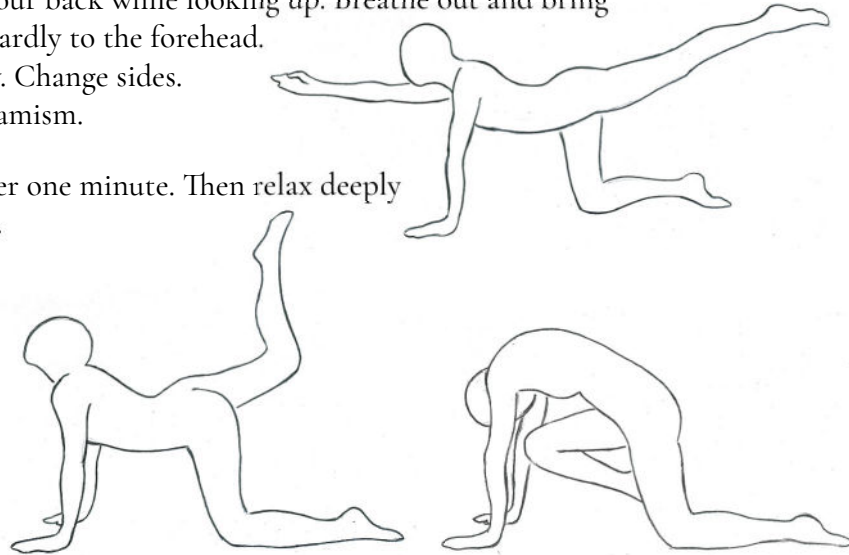
Vyāghrāsana

Tiger pose. Stay in this posture. Stretch out your right arm and left leg horizontally. Look forward. Breathe deeply and stay here. Then, invert your arm and leg and stay for another few breaths.

Then, start with the slow and deep dynamic tiger pose. Stretch one leg out up and bend it over your back while looking up. Breathe out and bring your knee inwardly to the forehead.

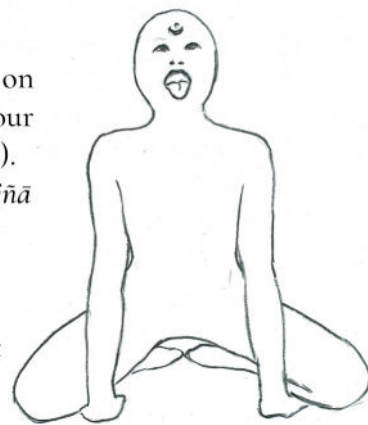
Breathe gently. Change sides. Enjoy the dynamism.

Do this for over one minute. Then relax deeply in *śāsankāsana*.



Siṃhagarjanāsana

Sit in *vajrāsana* and open your legs. Place your hands on the ground inwardly facing in front of you. Extend your rear and contract your sphincter muscle (*aśvinīmudrā*). Rest your head on your neck and gaze at the sky or *ājñā* chakra. Feel the underlying sexual energy. Open your mouth wide and stick out your tongue. Breathe in deeply through the nose and exhale through the mouth while making the sound of a hissing cat. Let it out, don't hold anything back.



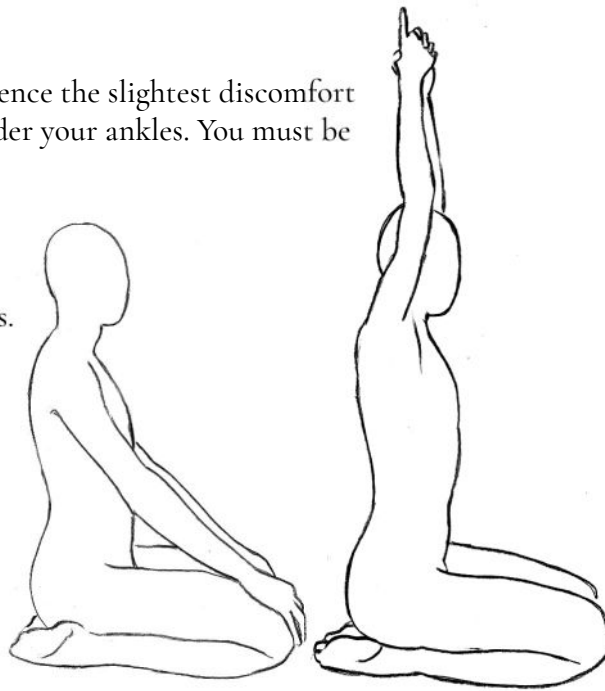
Do so about one minute. Then relax with your chin on your chest in *vajrāsana*.

Vajrāsana

Thunderbolt pose. If you experience the slightest discomfort in *vajrāsana*, place a blanket under your ankles. You must be comfortable.

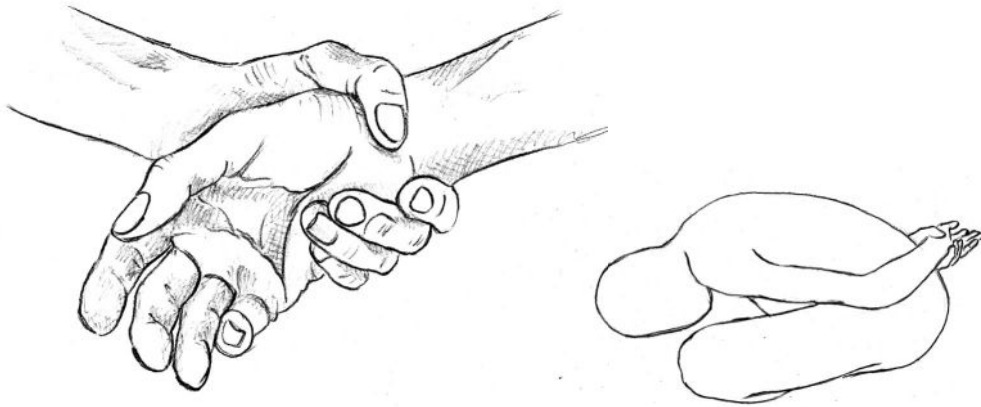
Breathe long and deeply. Hold your thighs with your open hands and stretch out your arms. Tighten the muscles of your thighs slightly. Elongate your spine. Feel the sky.

Hold your hands up to the sky, index fingers pointing upwards. In *kapālabhāti*, stretch yourself up for one minute. Then breathe in, holding the breath, and exhale slowly.



Stay here in *kapālabhāti* for at least one minute.

Yogamudrāsana



Gesture of union pose. Open your legs slightly. Take your right wrist behind your body with your left arm. Open your chest. Lean forward until your forehead touches the ground. If this is difficult, open your legs wider. Feel the gentle pressure on your forehead. Concentrate on a beautiful flame burning on your forehead. Internally and silently, repeat your favorite mantra.

Dhyāna Vīrāsana

Come into the great *dhyāna vīrāsana*, the meditating hero pose. Fold your left leg inwardly over the right and the right leg inwardly under the left. The heels should be beside the buttocks. Concentrate on your forehead, on which there is a shiny silver disk. Feel great and royal. You are the hero.



Perform this with at least three deep breaths in *bhrāmarī*, then change sides.

Paścimottānāsana

Practice with deep breathing, relax all your being and stretch.



One minute with deep breathing and *bhrāmarī*.

Visualization & Bija Nyāsa

Sit in a meditation posture with your hands outstretched, fixed, and your spine erect, visualizing a bright star above you.

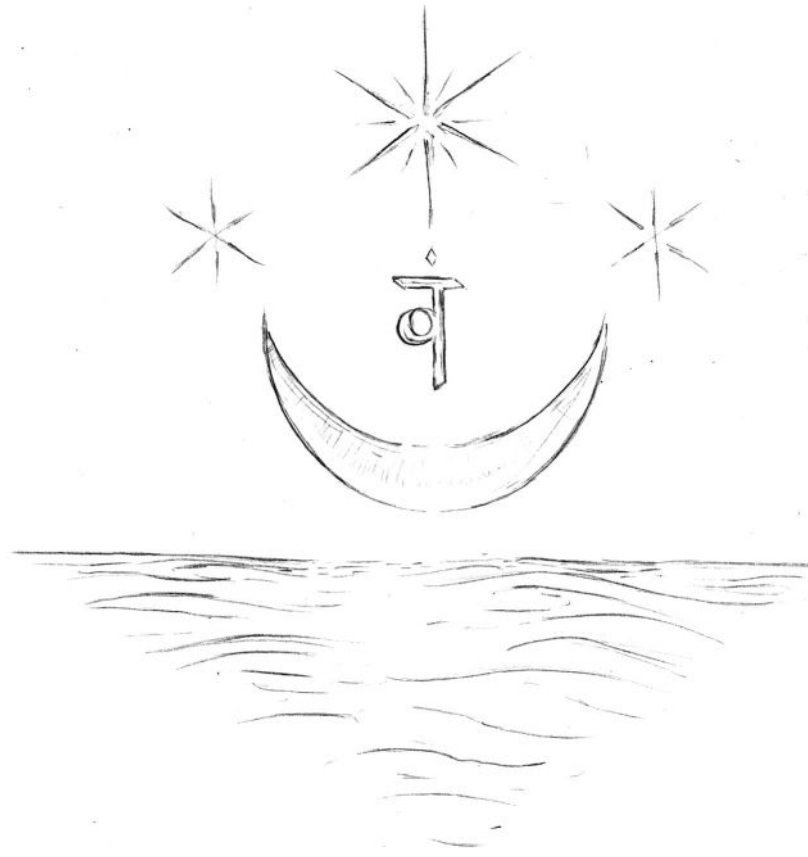
Imagine an ocean at night, its waves gently caressing the shore, the rhythm of the waves crashing, mesmerizing, deepening your meditative state.

Visualize the crescent moon shining above the ocean, its rays reflecting off the moving waters, the moonlight appearing fragile and beautiful, symbolizing new life ascending.

As you breathe, let these gentle and refreshing rays of moonlight travel into your pelvis, and as you exhale, allow your breath to merge back with the center of that moon reigning over the seas. Breathe deeply from *svādhiṣṭhāna*.

Contemplate this breath for some time.

Towards the end, imagine the radiant *Vamī* - embodying life, dreams, passion, dance, forgiveness of suffering, and insight into the cause of things - shining from



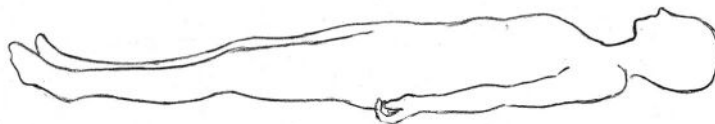
within the moon. Chant *Vam*, silently or aloud, at least three times.

Finally, perform your *bīja nyāsa* with sincerity. Let the sounds ascend through your being.

Śavāsana

Lay on the ground and surrender completely. Contemplate:

*I am the pulsing heart, forever and undying. I am with
you. You are with me. Thank you.*



Summary

| | |
|----------------------------|----------------------------------|
| <i>Haṭha Prāṇāyāma</i> | Sun-Moon breathing |
| <i>Gatyatmak Uṣṭrāsana</i> | Camel ride (dynamic camels pose) |
| <i>Jānuśīrāsana</i> | Head to knee pose |
| <i>Titali Āsana</i> | Butterfly pose |
| <i>Naukāsana</i> | Boat pose |
| <i>Siṃhāsana</i> | Lions pose |
| <i>Śaśankāsana</i> | Hare pose (rabbit) |
| <i>Śaśank Bhujāṅgāsana</i> | Striking cobra (rabbit-cobra) |
| <i>Sarpāsana</i> | Snake pose |
| <i>Santolāsana</i> | Balancing pose (platform pose) |
| <i>Mājārī Āsana</i> | Cat pose |
| <i>Vyāghrāsana</i> | Tigers pose |
| <i>Siṃhagarjanāsana</i> | Roaring lions pose |
| <i>Vajrāsana</i> | Thunderbolt pose |
| <i>Yogamudrāsana</i> | Attitude of Yoga |
| <i>Dhyāna Virāsana</i> | Meditating heros pose |
| <i>Paścimottānāsana</i> | Back stretch pose |
| <i>Bīja Nyāsa</i> | Placing the Seed sounds |
| <i>Śavāsana</i> | The corpse pose |